

## CLAIMS

1. A method of lift spin couples dancing, comprising the steps of:
  - a) providing a pair of shoes for at least one dancer of the couple, wherein at least one of the shoes of the pair has a heel with a heel bottom surface and a rear beveled portion having an inclined spinning surface that forms an angle with the bottom surface of between about 30 and 60 degrees;
  - b) supporting the weight of the second dancer on the foot of the first dancer that has the shoe of step "a";
  - c) the first dancer rotating upon the spinning surface while supporting the entire weight of the second dancer with the foot that is wearing the shoe of step "a".
2. The method of claim 1 wherein the spinning surface is a smooth surface.
3. The method of claim 1 wherein the spinning surface has a projecting member and in step "c" the first dancer rotates upon the projecting member of the spinning surface.
4. The method of claim 1 wherein the second dancer stands upon the foot of the first dancer in step "b".
5. The method of claim 1 wherein the second dancer lays upon the foot of the first dancer in step "b".
6. The method of claim 1 wherein the second dancer stands upon the foot of the first dancer in step "b" and the second dancer has at least one shoe that has a heel with a forward edge that has a bevel.
7. The method of claim 1 wherein the projecting member is smaller in area than the spinning surface.
8. The method of claim 1 wherein the projecting member is rotatably connected to the spinning surface.
9. The method of claim 1 wherein there are a plurality of projecting members attached to the spinning surface.
10. A dancing shoe, comprising;
  - a) a shoe upper configured to fit the foot of a dancer;
  - b) a shoe lower that includes a sole and a heel;
  - c) the heel having a heel bottom surface and a rear beveled portion that has an inclined spinning surface that forms an angle of between 30 and 60 degrees with the heel bottom;

d) a projecting portion that is mounted to the heel on the spinning surface and that projects away from the spinning surface.

11. The dancing shoe of claim 10 wherein the projecting portion is rotatably attached to the heel.

5 12. The dancing shoe of claim 10 further comprising a layer of compressible material attached to the heel at the spinning surface next to the projecting portion.

13. The dancing shoe of claim 12 wherein the projecting portion and layer of compressible material are of about the same thickness.

10 14. The dancing shoe of claim 10 wherein the layer of compressible material surrounds the projecting portion.

15. The dancing shoe of claim 10 wherein the heel includes two connectable sections, one section having the beveled portion.

16. The dancing shoe of claim 10 further comprising a second projecting portion mounted on the sole of the shoe in front of the heel.

15 17. The dancing shoe of claim 10 wherein there are a plurality of projecting portions attached to the heel at the spinning surface.

18. The dancing shoe of claim 10 wherein the plurality of projecting portions are attached to the heel at spaced apart positions.

20 19. The dancing shoe of claim 16 further comprising a layer of compressible material attached to the sole in front of the heel and next to the projecting portion.

20. A lift spin dancing apparatus for use in couples dancing, comprising;

a) a plurality of shoes, at least one of said shoes being worn by a first dancer of a couple and at least another of said shoes being worn by a second dancer of a couple;

25 b) the shoe that is worn by the first dancer having a shoe upper configured to fit the foot of the first dancer and having a convex portion that faces up, a shoe lower that includes a sole and a heel having a heel bottom surface and a rear beveled portion that has an inclined spinning surface that forms an angle of between 30 and 60 degrees with the heel bottom;

30 c) the shoe that is worn by the second dancer having a shoe upper configured to fit the foot of the second dancer, a shoe lower that includes a sole and a heel having a heel bottom surface and a forward beveled portion that has an inclined surface that forms an obtuse angle with the heel bottom surface, a concavity being

provided in front of the inclined surface; and

- d) the concavity being sized and shaped to conform generally to the convex portion so that the second dancer can stand on the convex upper portion of the upper by registering the concavity thereupon so that the inclined surface of the shoe of the second dancer engages the upper of the shoe of the first dancer.

21. The lift spin dancing apparatus of claim 20 wherein the shoe of the second dancer is a high heel shoe having a heel that is at least two inches high.

22. The lift spin dancing apparatus of claim 20 wherein the shoe of the first dancer has a projecting portion that is mounted to the heel on the spinning surface and that projects away from the spinning surface.

23. The lift spin dancing apparatus of claim 20 wherein the projecting portion is rotatably attached to the heel.

24. The lift spin dancing apparatus of claim 22 further comprising a layer of compressible material attached to the heel at the spinning surface next to the projecting portion.

25. The lift spin dancing apparatus of claim 24 wherein the projecting portion and layer of compressible material are of about the same thickness.

26. The lift spin dancing apparatus of claim 24 wherein the layer of compressible material surrounds the projecting portion.

27. The lift spin dancing apparatus of claim 22 wherein the concavity is defined by the inclined surface on the heel and an inclined portion of the sole in front of the heel.

28. The inventions substantially as shown and described herein.

29. A method of lift spin couples dancing, comprising the steps of:

a) providing a pair of shoes for at least one dancer of a couple of dancers, wherein at least one of the shoes of the pair has a heel with heel bottom surface and a rear beveled portion having an inclined spinning surface that forms an angle with the bottom surface of between about 30 and 60 degrees, the second dancer having a second pair of shoes;

b) supporting the weight of a second dancer on the foot of the first dancer that has the shoe of step "a";

c) the first dancer rotating upon the spinning surface while supporting the entire weight of the second dancer with the foot that is wearing the shoe of step "a";

and

d) placing a cushioned pad material on at least one of the shoes of one of the dancers that is positioned to cushion an interface between shoes of the two dancers in step “b”.

5           30. The method of claim 29 wherein the spinning surface is a smooth surface.

31. The method of claim 29 wherein the spinning surface has a projecting member and in step “c” the first dancer rotates upon the projecting member of the spinning surface.

10           32. The method of claim 29 wherein the second dancer stands upon the foot of the first dancer in step “b”.

33. The method of claim 29 wherein the second dancer lays upon the foot of the first dancer in step “b”.

15           34. The method of claim 29 wherein the second dancer stands upon the foot of the first dancer in step “b” and the second dancer has at least one shoe that has a heel with a forward edge that has a bevel.

35. The method of claim 29 wherein the projecting member is smaller in area than the spinning surface.

36. The method of claim 29 wherein the projecting member is rotatably connected to the spinning surface.

20           37. The method of claim 29 wherein there are a plurality of projecting members attached to the spinning surface.

38. A dancing shoe, comprising;

a) a shoe upper configured to fit the foot of a dancer;

b) a shoe lower that includes a sole and a heel;

25           c) the heel having a heel bottom surface and a rear beveled portion that has an inclined spinning surface that forms an angle of between 30 and 60 degrees with the heel bottom;

d) a projecting portion that is mounted to the heel on the spinning surface and that projects away from the spinning surface; and

30           e) wherein the shoe lower has a cushioned portion of its sole that is spaced from the heel and that is softer than other portions of the sole.

39. The dancing shoe of claim 38 wherein the projecting portion is rotatably attached to the heel.

40. The dancing shoe of claim 38 further comprising a layer of compressible material attached to the heel at the spinning surface next to the projecting portion.

41. The dancing shoe of claim 38 wherein the projecting portion and layer of compressible material are of about the same thickness.

5           42. The dancing shoe of claim 38 wherein the layer of compressible material surrounds the projecting portion.

43. The dancing shoe of claim 38 wherein the heel includes two connectable sections, one section having the beveled portion.

10           44. The dancing shoe of claim 38 further comprising a second projecting portion mounted on the sole of the shoe in front of the heel.

45. The dancing shoe of claim 38 wherein there are a plurality of projecting portions attached to the heel at the spinning surface.

46. The dancing shoe of claim 38 wherein the plurality of projecting portions are attached to the heel at spaced apart positions.

15           47. The dancing shoe of claim 44 further comprising a layer of compressible material attached to the sole in front of the heel and next to the projecting portion.

48. A lift spin dancing apparatus for use in couples dancing, comprising;

20           a) a plurality of shoes, at least one of said shoes being worn by a first dancer of a couple and at least another of said shoes being worn by a second dancer of a couple;

25           b) the shoe that is worn by the first dancer having a shoe upper configured to fit the foot of the first dancer and having a convex portion that faces up, a shoe lower that includes a sole and a heel having a heel bottom surface and a rear beveled portion that has an inclined spinning surface that forms an angle of between 30 and 60 degrees with the heel bottom;

30           c) the shoe that is worn by the second dancer having a shoe upper configured to fit the foot of the second dancer, a shoe lower that includes a sole and a heel having a heel bottom surface and a forward beveled portion that has an inclined surface that forms an obtuse angle with the heel bottom surface, a concavity being provided in front of the inclined surface; and

            d) the concavity being sized and shaped to conform generally to the convex portion so that the second dancer can stand on the convex upper portion of the upper by registering the concavity thereupon so that the inclined surface of the shoe of

the second dancer engages the upper of the shoe of the first dancer at an interface area, said interface area including a soft padded portion of one of the shoes.

49. The lift spin dancing apparatus of claim 48 wherein the shoe of the second dancer is a high heel shoe having a heel that is at least two inches high.

5 50. The lift spin dancing apparatus of claim 48 wherein the shoe of the first dancer has a projecting portion that is mounted to the heel on the spinning surface and that projects away from the spinning surface.

51. The lift spin dancing apparatus of claim 48 wherein the projecting portion is rotatably attached to the heel.

10 52. The lift spin dancing apparatus of claim 50 further comprising a layer of compressible material attached to the heel at the spinning surface next to the projecting portion.

53. The lift spin dancing apparatus of claim 52 wherein the projecting portion and layer of compressible material are of about the same thickness.

15 54. The lift spin dancing apparatus of claim 52 wherein the layer of compressible material surrounds the projecting portion.

55. The lift spin dancing apparatus of claim 50 wherein the concavity is defined by the inclined surface on the heel and an inclined portion of the sole in front of the heel.

20 56. A dancing shoe, comprising;

a) a shoe upper configured to fit the foot of a dancer, said upper having a longitudinal slot with holes on opposing sides of said slot;

b) a shoe lower that includes a sole and a heel;

25 c) the heel having a heel bottom surface and a rear beveled portion that has an inclined spinning surface that forms an angle of between 30 and 60 degrees with the heel bottom;

d) the plurality of holes being receptive of one or more shoe laces, said holes including first and second pairs of holes that are closely spaced and a third pair of holes that are not closely spaced to said first and second closely spaced pairs of holes, 30 each said pair of holes having a hole that is aligned generally with a hole of another pair along one side of said opening;

e) lacing that is laced through the holes, said lacing beginning at an uppermost pair of holes, then extending along a longitudinal line that tracks one of each

of said pair of holes, said laces being laced through a lower most hole, and lacing that extends diagonally from one hole to another hole along a vertical path.

57. The dancing shoe of claim 56 further comprising a reinforcing member that extends continuously along the shoe upper next to but spaced from the holes.

5 58. The dancing shoe of claim 56 wherein the reinforcing member extends along opposing sides of a row of said openings.

59. The dancing shoe of claim 56 wherein the pairs of holes include a total number of at least ten holes.

60. The dancing shoe of claim 59 wherein said holes include said first and  
10 second pairs of holes that are closely spaced, fourth and fifth pairs of holes that are closely spaced and positioned generally in between the third pair of holes, and the first and second pairs of holes.

61. The dancing shoe of claim 56 wherein the holes of the first and second  
15 pairs of holes are spaced apart along the slot a first longitudinal distance and the third pair of holes are spaced from the first and second pairs of holes a second longitudinal distance that is greater than said first longitudinal distance.

62. The dancing shoe of claim 56 wherein the holes of the first and second  
20 pairs of holes are spaced apart along the slot a first longitudinal distance, the third pair of holes being spaced from the first and second pairs of holes a second that is greater than said first longitudinal distance, and the fourth and fifth pairs of holes being spaced a third longitudinal distance along the slot from both the third pair of openings and the first and second pairs of openings a distance that is greater than the first longitudinal distance.

63. The dancing shoe of claim 62 further comprising hole reinforcing  
25 members that extend continuously along the slot next to but spaced from the holes.